

Ear, Nose, & Throat

Wellness Diet

General Principles:

The chemical activity of our body, its metabolism, is very complex. There is a constant churning of chemical reactions in each of our billions of cells to provide energy for them to grow, to do their various jobs, to keep themselves efficiently running, to protect themselves, and even to die when they are no longer needed or are malfunctioning. There are literally thousands upon thousands of different kinds of molecules in each cell that allow these processes to occur. Even after centuries of scientific investigation, we are still learning about how life works on the chemical level. Our physical existence depends on efficient and appropriate metabolism of each and every one of our cells. At a higher level of organization, all of this individual cellular activity must be coordinated so that the necessary functions of the organs are carried out. This is accomplished by signals sent throughout the body in the form of hormones and other chemical messengers, nerves impulses and immune cell.

Here are some important aspects of diet to maintain the wellness of your ear, nose & throat. Much of this information has been popularized and published by Andrew Weil, M.D., a noted integrated medicine practitioner and author (www.healthyaging.com).

Specific Recommendations:

The first principal of nutrition is to eat the proper amount according to your body's needs. Don't overeat or under eat. Most of us tend to overeat because we evolved in an environment of nutritional scarcity, where nutritious meals were hard to come by, and we had to eat as much nutritious food at every meal since the next meal was never guaranteed. Now that we live in a world of nutritional abundance, it is hard for us to change this "hard wired" impulse to fill out tummies to the max.

Secondly, we need to have enough physical activity to use up the nutrients that we consume. We also evolved in a rigorous, dangerous world confronted with constant danger to our physical existence: dangerous weather, wild beasts, droughts, famine and conflicts with other humans. We were hunter gatherers who were constantly on the move in a harsh environment, and this burned up lots and lots of Calories. Nowadays, people move more by cars and buses than by their legs, work at seats all day and tend to exercise their minds much more than their bodies. Obesity is at an all time high in the United States. Our foods are highly processed and nutritious, but are not the kinds of foods that our metabolism evolved to handle over the millennia of humankind's development. So in our modern, industrialized world, we have to be constantly aware of what, when and how often we eat in order to maintain health and vitality.

Most adults require between 2000 and 3000 Calories daily, more for men than women, made up of 40 - 50% from carbohydrates, 30% from fat and 20 to 30% from protein. Most meals should have all three dietary components.

Carbohydrates should be mostly from less-refined, unprocessed foods that have a low glycemic index, so that blood sugar levels do not rapidly rise. If this happens, there is excessive stress on the metabolism from sugar rapidly moving from the bloodstream into cells, leading to increased appetite and other adverse affects. Avoid these problems by eating whole grains (not flours), beans, squash and sweet potatoes.

Fats are not bad for you, and they need to be consumed every day. But they should be less of the saturated variety as found in butter, cream, cheese, fatty meats and coconut and palm kernel oils. Use instead extra virgin olive oil as cooking oil rather than safflower and sunflower oils, corn oil and mixed vegetable oils. Furthermore, avoid margarine and vegetable shortening. Add to your diet avocados and nuts (walnuts, cashews and almonds). Get the necessary omega-3 fatty acids from salmon (fresh or frozen wild), sardines packed in water or olive oil, black cod (sablefish), hemp and flaxseeds and walnuts. Or you can take omega-3 fatty acids as a supplement, 1 to 2 grams daily as a molecularly distilled product.

Proteins are needed for growth and maintenance of the structure of the body. Decrease the amount of protein from non-fish animals and get more protein from vegetables, like beans (soybeans).



Micronutrients: Many nutrients are needed in minute amounts to forestall the deteriorating by-products of metabolism that accumulate in cells and enhance their aging. In order to keep the body's metabolism running smoothly so that waste products are adequately removed from the cells, you need to consume "phytonutrients", plant products that help maintain the function ear, nose and throat organs. This means using fruits and vegetables of all "colors", especially tomatoes, orange and yellow fruits, berries of all colors and dark leafy greens (the phytonutrients are very colorful!). If you drink wine, make it red. Dark plain chocolate in moderation is also good for you.

Vitamins and minerals may need to be supplemented. Many have antioxidant capabilities to remove dangerous chemicals created by the cellular metabolism. Consider the following regimen: Vitamin C (at least 200 mg daily), Vitamin E (400 International Units), Selenium (200 micrograms daily), Vitamin A (10,000 Units daily), folic acid (400 micrograms daily), Vitamin D (1000 Units daily). Ginger and turmeric are also helpful, as is Co-Q-10 (60 – 100 milligrams daily). Alpha-lipoic acid, 100-400 mg daily, is also important for ear, nose and throat health.

Our cells are mostly water, and this needs to be constantly replaced as it is lost through exhaling, sweating and urinating. You should drink 6 to 8 glasses of water, either pure or with very diluted flavor.

If you have specific ear, nose and throat problems, Dr. Kimmelman will give you additional dietary recommendations.

www.entny.com

Charles P. Kimmelman M.D.